

How to prevent colds

If you have a cold, **do not pass it on to your neighbors**, little or big ones. You must see to it that the discharges from your nose and throat do not come in contact with anybody else.

Always cover your mouth and nose when coughing or sneezing. You would not knowingly give a cold to anyone else, but this is exactly what you do when you fill the air about you with germs in a cough or sneeze.

A person with a cold should not kiss anybody.

Never handle a child after using your handkerchief, without first washing your hands. (The hands of the baby and child go to its mouth so often that whatever touches its hands also touches its mouth.)

Do not let anyone with a cold come near your baby or child.

When your child has a cold, wipe its nose with squares of clean old linen or gauze. Throw these, after using, into a paper bag and burn them. **Soiled handkerchiefs must be carefully boiled.**

Because it cannot move about, the baby is protected to some extent from infection. But if some one with a cold must handle the baby, she should first wash her hands and wear a piece of gauze over the nose and mouth.

All toys, pencils and other utensils that have been used by a child with a cold must be carefully boiled and washed before they are given to another child.

What to do when your child has a cold

1.—Put the child to bed. Keep it quiet in bed so long as there is fever. In cold weather do not allow the child to go out until all signs of the cold have disappeared.

2.—Consult your physician.

3.—At the onset of the cold, give a cathartic, such as castor oil; after that takes effect one daily movement of the bowels is sufficient.

4.—Diet. When a baby has a cold, reduce the diet one-third. If the fever is over 101 degrees reduce one-half. The diet of the child should be simple: cereals, broth, milk and fruit juice. Give plenty of water to drink.

Beware of the common cold

Everybody is constantly exposed to colds.

Keep the body in the best physical condition and you will prevent most colds.

Keep the body clean, inside and out.

Exercise in the fresh air; sleep in well-ventilated rooms. Children should sleep ten to twelve hours.

It is of the greatest importance to fix in your mind firmly the fact that **colds are dangerous**. The germs may spread to other parts of the body, attacking the ear, lungs, heart, joints, kidneys and brain.

A so-called cold may be the only sign of the start of measles, whooping cough, diphtheria or scarlet fever.

Never neglect a cold, for, paradoxically, it may not be a true cold, but may be nature's warning signal of the approach of a very serious illness.

THE COMMON COLD

A plain talk about this much neglected ailment and the dangers it carries with it

The cold is probably the commonest illness during the winter months in the United States. It is an inflammation of the mucous lining of the nose and throat—usually due to germs. It shows itself by sneezing, by dryness of the nose, and general discomfort followed by difficulty in breathing and a watery—later purulent—discharge from the nose.

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How a cold develops

When your body is in good health and in good condition, externally and internally, your system will "throw off" a cold before it starts. Health is nature's defense against illness.

A cold will develop if the general resistance of the system is not great enough to withstand the poisonous action of the germs that settle in the nose and throat. The more poisonous the germ and the lower the resistance—particularly of a child—the more chance there is for a cold to develop.

One "catches cold" from some one else who has a cold. When you have a cold you may know that you "caught it" in one of these ways:

By **direct contact**—for example, **kissing**; or **shaking hands** and later carrying your own hand to your nose or mouth.

By **being nearby when some one with a cold coughs or sneezes**. A cough or sneeze forces a host of germs into the air; you breathe them in.

By **indirect contact**—for example, using the same handkerchief, towel, drinking cup, or eating utensils used by a victim of a cold.

Children particularly are prone to "catch cold" by using the "family handkerchief," or by using the same pencils or toys, or by "swapping" chewing gum or candy.

How resistance is lowered

There are always germs in the nose and throat. These are made harmless by the protecting substances of the healthy blood. If these substances are lost, then the resistance of the body to disease is lowered, and the germs can develop and produce a cold. **Resistance to colds is lowered by:**

1.—**Chilling**—especially through wet and cold feet. Infants may become chilled because of being dressed too lightly, and also by exposure after being overheated through overdressing.

2.—**Loss of sleep.** Plenty of sleep is nature's great restorer. In the ordinary terms, it "restores vitality."

3.—**Over-eating**, which places too great a tax on the stomach and bowels, inviting constipation or indigestion. **Under-feeding**, which makes a poorly nourished body and weakens it. **Wrong composition of food, or a poorly balanced diet**, which does not supply the body with the proper combination of growth or health elements.

4.—**Constipation**. People who keep their bowels open by proper eating and proper living are always freer from disease.

5.—**Lack of plenty of fresh air**—especially breathing a dusty atmosphere.

6.—**Rickets**.

7.—**Overwork, whether physical or mental**. A physically exhausted, "worn-out" body is in poor shape to fight infection.

8.—**Adenoids and large tonsils**. They are "nests" for germs.

Results of infection

The younger the child, the more dangerous is the result of the infection. A simple cold of the parent given to the baby may mean a death-dealing pneumonia.

The common cold, especially in the case of a baby, frequently results in an ear abscess. It may spread down the wind-pipe and cause bronchitis or pneumonia.

After the germs have gained an entrance to the body, they may be carried by the blood to various organs, producing valvular heart disease, rheumatism, kidney disease, or meningitis.

A cold may be the forerunner of tuberculosis—often called "consumption."

Adenoids are not only usually the result of repeated colds, but once established they invite more colds.

A cold lowers the resistance, so that children having a cold are more likely to catch the acute infectious diseases such as measles, scarlet fever and diphtheria.

Infants that have colds are apt to develop serious feeding disturbances. A cold interferes very seriously with the nutrition of an infant, because it cannot nurse well when its nose is stopped up.

Summing it up: **A cold must never be neglected, or regarded as "of no importance."** The person, young or old, who has a cold, is "in shape" to take many other diseases of a most serious nature, or to develop chronic troubles of a most dangerous kind.